The Prophetic Medicine for

Body & Soul

In the name of Allah the Most Gracious the Most Gracious

According Prophetic Medicine, physical ailment were thought to arise mainly as a result of the accumulation of excess waste substance in the body. Overeating, improper food choice and an unhealthy lifestyle in general were regarded as the sources of the accumulated morbid matter, and it was believed that when the digestion process became overwhelmed, disease resulted. The most important feature of Prophetic Medicine, though, is the fact that it regards the human being as a sacred entity consisting of body and a soul. This soul which originates from the Divine Spirit, was regarded by the physicians as the driving force behind the body. Attaining the purity of soul is the ultimate aim of the healer.

Prophet Muhammad (peace be upon him) said **"There is no disease that Allah has sent down except that He also has sent down it treatment."**

The World Health Organisation (WHO) describes health as "a state of complete physical, mental and social well-being" and this is what exactly what Prophetic Medicine is all about. Muslim physician like *Ar-Razi* (841-926 CE) from Baghdad and *Ibn Sina* (980-1037 CE) known as *'Avicenna'* to the West and many others gave their valuable and unmatched contribution to the field of Medicine. There is a list of physicians ans scientists whose inventions and achievements later directed to other scientists of West. (For details one can refer to various Islamic Literature and Islamic History)

The Noble Qur'an gives a golden rule for our health, as it says:

"...And eat and drink but do not waste by extravagance, certainly He (Allah) does not like those who waste by extravagance," (Qur'an; 7:31)

Prophet Muhammad (peace be upon him) said, **"No human fills a vessel worse than his own abdomen; a few bites are enough for man to keep his body upright, but if it is indispensable, then a third for his food, a third for his drink and a third for his breath."** He also said **"The food for two is enough for three, and the food for three is enough for four."**

There are certain natural fruits and herbs which we can use to make our body healthier and strong. Prophet Muhammad (peace be upon him) given so many names of such fruits end herbs, some of them are mentioned below

Ajwa Date

Ajwa dates are one of the most expensive dates in its raw form in Saudi Arabia. Its look is unique and taste is superb. Dates are also rich in natural fibers. Modern medicine has shown that they are effective in preventing abdominal cancer. They also surpass other fruits in the sheer variety of their constituents. They contain oil, calcium, sulfur, iron, potassium, phosphorous, manganese, copper and magnesium. The dates are highly nutritious, full of sugar (60%), and small quantities of fat (2%), proteins (2%), and minerals (2%). In other words, one date satisfies the minimum requirements of a balanced and healthy diet. It is helpful in prevention of anemia, hypertension, pellagra or dermatitis, excess cholesterol levels (LDL), atherosclerosis and heart problems. Ajwa has an important role in the nervous system integrity and in energy production, for healthy bones and skin as well as for better eyesight.

Prophet Muhammad (peace be upon him) said, **"He who eats seven 'Ajwa dates every morning, will not be affected by poison or magic on the day he eats them."**

(Sahih Bukhari 7:65:356)

Honey

"There comes forth from their bellies, a drink of varying colour wherein is healing for men. Verily, in this is indeed a sign for people who think."

(Quran; 16:69)

Honey has been used throughout centuries by many nations. The ancient Egyptians, Greeks, Chinese, Assyrians and Romans used it in healing and as food. It is a natural antiseptic which prevents infection and is an anti-bacterial and anti-fungal agent. Its properties make it far superior than most of the antibiotics prescribed today. Ibn Al Qayyim (Master of Prophetic Medicine) mentioned that honey is a food, a drink, a sweet, a remedy a type of refreshment and an ointment and that there is no substance that is more beneficial. It can be

used for Colitis, Enuresis (Bed-wetting), Skin care, Diarrhoea and stomach ulcers, General health, Gastroenteritis, Gastric Ulcers, Diabetes, Oral Health etc.

Blackseed (Kalonji)

Botanical name: Nigella sativa

Black seed has been for over 1400 years, and in recent centuries increasing numbers of research have been undertaken to investigate its properties. Since 1959 more than 200 studies were undertaken at various international universities and many articles published in support of the vast healing properties and superb affects of black seed on the immune system as well as its assistance in helping the body's own healing process.

Blackseed is used for Curing dandruff, Improving memory, backache and muscular pains, sleeping disorder, Asthma and bronchial and respiratory problems, Hair loss, eye infection, pain and weak sight, flu and nasal congestion, Toothache and gum, healthy complexion, Diabetes, increase in flow of breast milk, vomiting etc.

Senna

Botanical name: Cassia angustifolia (Alexandrian Senna) Caesalpiniaceae

Senna is a shrub that grows to about one meter in height and is found in hot and humid climates. It has yellow flowers and papery pods which contain six to eight seeds in them. It grows in Western Arabia (Al-Hijaaz) and is harvested in countries like India and Pakistan.

The Prophet (peace be upon him) said **"Upon you is the *Senna* and the *Sanoot* (Kalonji) for indeed in the two of them is a cure for every disease except Saam"** He was asked **"O Messenger of Allah, What is Saam?"** He said **"Death."** [Saheeh Ibn Maajah 3457]

According to Ibn Al-Qayyim, other than being a laxative, senna relaxes the muscle and improves the hair; it also helps against lice, headache, rash and epilepsy. Senna makes the hair thick and glossy and improves the health of the scalp if used like Hena. It is a recognised cure for constipation which begins to work 10-12 hours after ingestion. It detoxes the body and cleanses the colon.

Sihab Al-Badry Yassin a researcher in Egypt writes in his Book that how senna cured a patient who had bacteria in the stomach that was preventing iron absorption in his body. He was treated with cupping and Senna as a detox to cleanse his stomach and colon. For further reading please refer to his book *"Medicating with Senna, A prophetic way of life."*

Siwaak

Botanical name: The siwaak is the Arabic word for the twigs of the Salvadora Persica also known as Arak tree or Peelu tree, and is commonly referred to as miswak in the west.

The siwaak is a natural toothbrush, toothpaste and dental floss. It comes from the Arak which is a small tree that grows up to 3 meters high. Its leaves are small, thick and oval in shape and its smell resembles that of mustard. When siwaak twigs are not available, twigs from the olive tree or palm leaf stalks are used.

The Wrigley Company carried out a study which was published in the Journal of Agricultural and Food Chemistry. In the study mints laced with miswak extract were found to be 20 times more effective in killing bacteria in comparison to ordinary mints. After half an hour the mints laced with miswaak extract killed 60% of the bacteria and the ordinary mints killed only 3.6%. This benefit of the siwaak has been confirmed in the journal Oral medicine and Dentistry where Dr. James Turner, of the Faculty of Medicine in the American University of Tennessee said: "The miswaak of the araak tree contains substances which purify and kill microbes, the most important of which are sulphur and sitosterol B (or β-sitosterol), as well as sodium."

Prophet Muhammad (peace be upon him) said: **"Were it not for the fact that I did not want to make things too hard for my ummah, I would have commanded them to use the siwaak at every time of prayer."** [Bukhaari, 2/299 and Muslim, 1/151]

Due to its known antibacterial qualities siwaak is very good for killing bacteria build up in the mouth. It's soft fibres are gentle on the teeth and gums unlike the bristles on brushes and yet they remove the food and stains from the teeth very well. The fact that its bristles are parallel to the handle instead of perpendicular, enables better

cleaning between the teeth. Stops bleeding and purifies the gums. Fights gum disease. Creates a pleasant smell in the mouth. Removes bad breath and odor from the mouth. And fights plaque effectively

Spiritual Healing

Fear of God

We definitely cannot have healthy lives without a strong, positive connection with our Almighty Creator. This fact has been honored by all civilizations - ancient and modern- The imbalance of the spiritual body occurs when the soul dissociates itself and disconnects from God Almighty.: when it strays away from the Straight Path. Submission to God is the only salvation of the soul: it is only spiritual healer. This is a fact that is well known but intentionally ignored by human beings who vainly search for their happiness and peace of mind in worldly gains and transient trivial pursuit.

To make this connection of creation and Creator strong God Almighty prescribed daily five time Prayer (*Namaz* - in Arabic *'Salah'*). This is a need of our soul, which reminds us of being the slave of God Almighty and perform such acts which suits a slave before his Master.

"...Verily, As-Salat (the prayer) prevents from Al-Fahsha' (i.e. great sins of every kind, unlawful sexual intercourse) and Al-Munkar (every kind of evil wicked deed)..." (Quran; 29:45)

Prophet Muhammad (peace be upon him) said: **"There are seven whom Allaah will shade in His Shade on the Day when there is no shade except His Shade: a just ruler; a youth who grew up in the worship of Allaah, the Mighty and Majestic; a man whose heart is attached to the mosques; two men who love each other for Allah's sake, meeting for that and parting upon that; a man who is called by a woman of beauty and position [for illegal intercourse], but he says: 'I fear Allah', a man who gives in charity and hides it, such that his left hand does not know what his right hand gives in charity; and a man who remembered Allah in private and so his eyes shed tears."** [Saheeh al-Bukhari vol 1 num.629]

Meditation

Meditation is the safest way for true knowledge and spiritual transcendence, the right path to get closer to God Almighty. The Noble Qur'an says:

"Say: "Travel in the land and see how (Allah) originated the creation, and then Allah will bring forth the creation of the Hereafter (i.e. resurrection after death). Verily, Allah is Able to do all things.""

(Qur'an 29:20)

In this verse of the Noble Qur'an God Almighty incites us to think over its creations because these creation shows the quality of our Creator His Majesty and His Greatness. The simplest form of meditation is to focus on your breathing. This type of meditation acts by clearing and relaxing the mind from its preoccupation with problems - whether at work or in daily life. Prophet Muhammad (peace be Upon him) used to meditate for hours in the cave of Hira before being selected as Allah's Messenger to humanity.

Purification of Wealth

God Almighty has ordered to pay an annual charity (Zakah) which is a fixed percentage of ones wealth given to the poor and needy of our society. It is a continuos act of devotion aiming at purifying one's soul. God Almighty says,

"Take alms from their wealth in order to purify them and sanctify them with it..." (Qur'an; 9:103)

Qur'an allows us to acknowledge the fact that possession is a natural human instinct. Qur'an is nevertheless teach of moderation, thus a fascination with money and possession is highly discouraged, as it can weave itself into one's life and become its main driving force.

"Your wealth and your children are only a trial, whereas Allah! With Him is a great reward (Paradise)."

(Qur'an; 64:15)

Zakat also purifies the recipient's heart from envy, hostility, rancor and hatred. It converts these destructive feelings into good wishes for the wealthy, contentment and hope that God Almighty will expand their fortunes for them to contribute more in the well-being of the society

as a whole. Prophet Muhammad (peace be upon him) said: "The hand that gives is better than the hand that recieves." (Bukhari)

Fasting

Fasting is an ancient practice long known as a healthful treatment for the body and soul. It is a common ritual in many cultures and various religions, and has been since the beginning of documented history. Qur'an refers the fast as Sawm means voluntary refraining from food, drink and sexual intercourse before the break of dawn till sunset during the entire holy month of Ramadhan. The Noble Qur'an says:

"O you who believe! Observing As-Saum (the fasting) is prescribed for you as it was prescribed for those before you, that you may attain piety [God consciousness]." (Qur'an; 2:183)

From these verses we can clearly see the main purpose of fasting: piety. Fasting is thus a remedy for suffering of the soul: a time to draw closer to Allah so as to purify our souls from sins, while purifying our bodies from toxins, so as to find our way back to our Creator - God Almighty.

It was thought that the stomach was *"the seat of disease"*. The Prophet (peace be upon him) told his people: **"Fasting is Paradise."** Fasting gives the digestive system a rest and makes the body feel lighter. The energy usually consumed in digestion and food metabolism will be directed towards body detoxification, tissue repair and system healing.

Conclusion

Finally it would the conclusion that the concept of healthy body and soul depends mainly ones lifestyle, attitudes, behavior, God consciousness and love and mercy for others. So eat Healthy live with prosperity and always think about your answering before God Almighty for all what you did in this life and at last but not least care for others who deserves your love and affection.